



Broadmead

VOICE OF THE RESIDENTS

Vol. II, No. 6

COCKEYSVILLE, MD.

March 1981

"A THING OF BEAUTY" IS DESCRIPTION GIVEN GIFT OF KING SIZE PERSIAN RUG

"A thing of beauty," pronounced in several ways, was the unanimous reaction of the many Broadmeaders who turned "sidewalk superintendents" and witnessed the hanging, on Feb. 10, of a magnificent, hand-woven, 12X16 feet Persian rug.

This description has been repeated by the hundreds who see this 75-year old work of art every day, hanging on the wall beside the very graceful flight of stairs in the Broadmead Center.

The gift of Mr. and Mrs. Huston Crippen, the jewel-toned Heriz rug, was purchased in Tabriz, near Azerbaijan, in the northwestern corner of Iran (then Persia). It has the lovely colors found only in tapestry that was woven with the natural dyes of another era; it recalls also, the kind of "tender, loving care" that went into this kind of work when hands were more important than machines.

This very fine addition to the other lovely treasures given to Broadmead graced the Crippen's dining room until they moved to Broadmead from Charlottesville, Va. As one Resident remarked, "What a thrilling way to cherish the beauty of the past and to usher in the coming Spring"

SPECIALS INSIDE THIS ISSUE

"The Vocation of Grief" is a revealing and, hopefully, helpful examination of how those affected may understand suffering and deal with grief. Page 7

How one Resident has found ways to mitigate her waning eyesight presents a very different personal testimony which, again, ought to be revealing and helpful to persons similarly affected and the rest of us who "save for the grace of God....." Page 9

MARCH MONTH NOTORIOUS AS STORMY SEASON; NAMED AFTER GOD OF WAR

March begins a notoriously stormy season. The Romans named the month after their god of war, Martius, and its gemstone is the bloodstone. It was the first month of the year until the Julian calendar was adopted in 46 B. C. It continued to be the beginning of the legal year in England and the Colonies until the eighteenth century. In France it was the first month until the year 1564, and Scotland followed the example of France in 1599.

The Anglo-Saxons called March Hlyd-Monath, "loud or stormy month", or Lenchten-Monath, "lengthening-month", because the days then rapidly become longer. The old saying "Mad as a March hare" alludes to the effect of the burgeoning of Spring on the temperament of the animal; it is the mating season.

Every month has its calendar of events and its cast of characters. March is no exception; but, of course, I can mention only a few. One thinks at once of St Patrick, who may or may not have rid Ireland of snakes. The traditionally stormy Irish have him as their Patron Saint and the anniversary of his death is honored every March 17. Who has not, whether or not of Irish extraction, worn the green on that day?

March 12 is the Saints Day of Gregory the Great, the Roman patrician who was converted to Christianity and who turned all of his dwellings into Benedictine monasteries. To him we owe the Gregorian chant, or plain song. He was distinguished for his spiritual and temporal leadership, became Pope Gregory I and died in 604.

My favorite March personality is, however, David, Patron Saint of Wales, never known for its peaceful inhabitants. David, first Abbot of Menavia, established a

Continued Page 2.

strict rule and was a zealous missionary. According to a tenth century manuscript, he was either a nephew or uncle of King Arthur. Interesting thought. His mother was a nun who had been violated by Sant. He founded or restored twelve monasteries, including those at Glastonbury and Bath. His name is connected with the origin of the leek as the symbol of Wales. According to the legend, he was leading his people in a great battle against the Saxons and told them to wear a leek in their hats to distinguish them from the enemy.

Another leek story is that at one time the country was troubled by orang-outangs and the people could not oust them. So they sent to England for help. The English, when they arrived, are said to have found it hard to tell the difference between the Welshmen and the orang-outangs, so they told the Welsh to wear the leek so that they could distinguish the men from the animals. St. Davids cult was extremely popular in the Middle Ages and pilgrimage on his Feast Day, March 1, was considered a holy duty. The National Welsh Festival is still celebrated on this day and the Welsh in America have observed the anniversary from very early times.

If we had not had to study Shakespeare's Julius Caesar in school, I doubt if the ides of March would mean very much

THE THINGS YOU CANNOT BUY

The best and sweetest things in life
are things you cannot buy,
The music of the birds at dawn, the
rainbow in the sky,
The dazzling magic of the stars, the
miracle of light,
The precious gifts of health and
strength, or hearing,
speech and sight.
The peace of mind that crowds a busy
life of work well done,
A faith in God that deepens as you face
the setting sun.
The boon of love, the joy of friendship,
as the years go by,
You find the greatest blessings are the
things you cannot buy. --Author Unknown

SUBLETTING APARTMENTS

Residents who have friends who are on the futures list might want to remind them that subletting an apartment at Broadmead could be in their vacation plans. Karolyn Huffman is keeping a list of those interested.

Remember to tell friends that Hallowell Hall (skilled nursing) is available for short-term stays. This could be helpful after a hospital stay or if a family going on vacation needs to make arrangements for special care for a family member.

to us. In the Roman calendar each month had ides, falling variously on the thirteenth or fifteenth of the month. In March they fall on the fifteenth. Lady Day, the Feast of the Annunciation, is March 25. In medieval times this was the beginning of the legal year and remains a Quarter Day in the legal calendar. It is now one of the days on which it is customary to pay rent or other bills.

It may come as a surprise even to native Marylanders that March 25 is also Maryland Day, a holiday set aside for the celebration of the landing in 1634 on St. Clement's Island of the Colonists sent over from England in the Ark and the Dove. It is one of those unfortunate holidays when one never knows what is open and what is closed!!

There is an old saying, common in England and Scotland, that March borrowed from April the last three days in the month. Here is another old saying which you may wish to keep an eye on:

"So many misties in March
So many frosties in May."

Yes, "The stormy March has come at last....." (W. C. Bryant).

--Emily C. Schilpp

ALMANAC FOR MARCH

The pines' vagrant snow intrigues
As chaste as psalms in church.
Have you seen Midas touch the twigs
Of willow tree and birch?

--Rowe Hinsey

WEDNESDAYS

Time: 2 p.m.

Place Auditorium

- Mar. 4 - Philip Lord: a talk illustrated by slides on the history of Cockeysville, Lutherville, and Timonium.
- Mar. 11 - George Conner: "From Mud to Bud". The story of Broadmead's Rose Garden.
- Mar. 18 - Mary Leister: "In Search of Spring" She has been called "one of the finest nature writers and observers in the world today." Her columns appear regularly in the Sunday Sun, and she has written a number of books.
- Mar. 25 - Dr. Anna Baetjer: Well known for her lifetime of scientific research will talk about some adventures along the way on "Testifying in Japanese Court".

HOLDS RECORD AT KENDAL

Can you imagine anyone who has attended concerts of the Philadelphia Orchestra for 70 seasons? Well, that is exactly what Edith Fahnstock of Kendal, our sister institution at Longwood, Pa., has done. This year she is celebrating the 75th anniversary of her first attendance. She was a child of 12 when her mother took her to sit in the box which her family had for a number of years. She has only missed five seasons since then.

Can anyone at Broadmead top this for symphony, opera, alumni reunion, or attendance at one and the same church? If so, let the Voice hear from you.

MOVIES

Tuesdays 7:30

Place - Auditorium

- Mar. 3 - The Miracle of the White Stallions
- Mar. 10 - Ascent of Man (10)
- Mar. 17 - The Three Lives of Thomasina
- Mar. 24 - Ascent of Man (11)
- Mar. 31 - Three Coins in the Fountain

DENTAL DIRECTOR APPOINTED

Thomas M. Kellner, D.D.S., has been appointed dental director of Broadmead. He hopes to carry out routine dental procedures in the dental clinic here, located across from the Physical Therapy Dept., approximately two days a week. Appointments are made through his office secretary in his main office, 235-3303.

Born in Germany, Dr. Kellner came to the USA in 1949, earned his dental degree at the New York State University at Buffalo, interned in England, and did post-graduate studies in Switzerland. He returned to the US in 1969. His Baltimore office, at 3700 N. Charles St., is equipped for all phases of dentistry, even the most sophisticated, from all accounts.

WANT A BARGAIN? OR IS IT?

The Broadmead Maintenance Dept. has on hand a few items it would like to get rid of. When and if, these items are re-ordered, they will sell at a much higher price. On hand are a few tub enclosures, at the same old price, installed \$115.00. Maintenance also has some portable humidifiers. Installed: \$95.00. "First come, first served."

TABLE-HOPPING IS DISRUPTIVE. . . DISRUPTIVE. . . DISRUPTIVE

"Table-hopping" is on the increase in Broadmead's Main Dining Room, according to the hostesses, and it is very disruptive. . . . Once a hostess seats a Resident or a group, and assigns a waiter or waitress, it is very disruptive for such a Resident or group to spot a friend(s) somewhere else and move there, unannounced. Often, such a change overloads the second helper while the first is under-utilized. There is a system to seating in a dining room. It affects speed of service and general efficiency. . . . We have stopped visiting in the aisles, more or less. Now let us stop table-hopping.

UPDATE GIVEN ON FRIENDS 'LOBBYING' FOR PEACE AND PEACE RELATED LAWS

The Quakers who comprise the Friends Committee on National Legislation are not afraid, or ashamed, to admit that they are supporting and maintaining a "lobby" in the nation's capital--a lobby devoted to promoting "good works," especially promoting peace and peace-related programs.

How this is being done, and how it has been done, since the founding of FCNL in 1943, was outlined by Edward F. Snyder, its executive director, before a Wednesday afternoon meeting, in the Auditorium on Feb. 4.

The present FCNL emphases are in the areas of (1) helping to reverse the arms race, in the conviction that "there can be no limited nuclear war"; (2) discouraging appropriations for "rapid deployment forces" which are seen by many Friends as "interventionary" forces; (3) continuing the historic struggle of Friends against armament and against the draft; and (4) continuing the effort to establish a "U. S. Peace Academy" dedicated to discovering means of maintaining world peace through research, education, and other peaceful means.

FCNL also joins with other organizations in working for the protection of civil rights and for the welfare and rights of native Americans (the American Indians).

About 200 Friends, countrywide, make up the governing body of the Committee on National Legislation. FCNL, incidentally, does not claim that it speaks for all Friends in the United States. The consensus in Washington is that it represents the substantial position of most Friends, especially on the historic Friends' concerns.

Mary-Cushing Niles introduced the speaker.

--G.J.F.

COCKEYSVILLE MUSICIANS RETURN IN APRIL

The music groups from the Cockeysville Elementary School, which pleased so many people at Broadmead at Christmas time, will bring their Spring Concert here on Wednesday, Apr. 15, under the auspices of the Program Committee. Time: 2 p. m. Place: Auditorium.

Principal of the school is Frank Kaufman.

WANTED: CLOTHS, CHAIRS, FIREMEN

Most Broadmeaders find themselves having table cloths that they seldom use, or that they never use. Broadmead is in need of such table cloths for the dining room tables in Holly House, to fit tables sizes 42" X 63", 42" X 80½", and 42" X 98". White or any other color will be acceptable.

Broadmead also is looking for sturdy and attractive arm chairs for use on Taylor Hall hallways. For further information, call Rich Compton, assistant executive director.

Administration is also seeking a few Resident volunteers to receive instruction on the operation of Broadmead fireplaces. Such persons would then be called upon, as needed, to prepare and start fires in the community's center. Broadmead duty personnel would be responsible for insuring that all fireplaces in use during the day are secured at the close of the day.

MILTON EISENHOWER ON HOLLY HOUSE

Most Broadmeaders will remember the November lecture of Dr. Milton Eisenhower, on "The Presidency," under the auspices of the Discussion Group and the Program Committee. The full house that heard him was as excitingly pleased about his contribution as he was about Broadmead.

The Voice has just "discovered" a letter he wrote to the convenor of the Discussion Group, shortly after he left, commenting on how he enjoyed the luncheon which was given for him as part of the day's program.

Addressed to "The Honorable and Mrs. Charles Baldwin," the letter reads:

"The luncheon in the lovely guest house at Broadmead (Holly House) was a great pleasure to me, and I thank you for your hospitality. You saw to it that your other guests were friends of mine and that added to the pleasure of the occasion.

"I still think much about the unique and priceless rugs in the guest house. They are really museum pieces....."

CHANGE IN PHARMACEUTICAL SERVICE HEADS IMPROVEMENTS IN HEALTH CARE PROGRAM

In order that Residents-to-be, now on the waiting list, will be as updated as incumbent Residents, several changes in the health delivery organization of Broadmead are being carried in the Voice, together with the paper's obligation to be a chronicle of all that's newsworthy in the community.

New plans for extended health care in the apartments, a new service for prescriptions, and more clarification of a few other matters were issued recently in a memorandum under the signature of Millie Gerst, health care manager.

Due to problems of staffing, supervision, and security, Broadmead has closed its own pharmacy and, as of Jan. 1, has contracted with Southgate/Ingleside Pharmacy. This is a professional pharmacy which services only institutions, such as the neighboring Maryland Masonic Home and other long-term care facilities. It is located in the Forest Haven Nursing Home in Catonsville.

Robert Rosenberg and Irv Samson are the registered pharmacists who will supply all of Broadmead's pharmaceutical needs. Broadmead pays a flat monthly fee (not by prescription) which includes inservice for the appropriate staff at Broadmead, chart review for the inpatient area, quarterly inspection, review of pharmacy policies and procedures, attendance at various Broadmead meetings, and consultations. Generics are used unless specified by the physician.

Southgate/Ingleside is computerized. The computer produces a label with a fee which includes a professional component for services rendered for Medicaid purposes. This fee has no significance for Broadmead.

When prescriptions have been computerized, Broadmead will phone them in each day Monday through Friday for same-day delivery. Residents who deposit prescriptions or containers at the reception desk before 2 p.m. will then be able to pick them up after 6 p.m. the same day during the week. On weekends, emergencies as defined by the physician will be taken care of by the charge nurse on Hallowell Hall.

Residents are advised to reorder prescriptions when they still have a five-day supply to be on the safe side.

NORTH RIDGE

The ground is mostly clay
Mostly impervious to water
With many stones, big ones and small,
Volcanic children, rounded and shaped,
As on some ancient shore
Where a forgotten sea
Stroked a forgotten land.
Stubborn it is and hard
Under the nested roofs
Except for the hillside on the north.
A dark and living wall
The tall massed oak trees
Full green depth of foliage
Dim caves of air
Tunnels of space in shadow
Where a million tiny workshops
Ply their chemicals of growth
Guarding the northern ridge
Against a long forgotten age of ice.

--Faber Stevenson

Ruth Quimette, RN, MSN, currently a Robert Wood Johnson Fellow at the University of Maryland, will be donating her time to Broadmead until August, 1981, to assess the need and feasibility of a home health care program at Broadmead.

Mrs. Kathy Cramer and Mrs. Beth Selbot, who have been providing home health care services in the clusters for the past year, will be home health aides to assist in the implementation of the feasibility study.

The home health care is to coordinate care with the Inpatient and Outpatient Departments with the Residents, such as follow-up after a discharge. Some Residents may need help with bathing, or assistance or training in putting on nylons. The program is to encourage and assist Residents in maintaining independent living.

Home health care service will be provided seven days a week 8 to 4:30. Cluster Residents who need health care services during the evening, night, or on weekends should call 628-6900 and ask for the charge nurse. She will coordinate the delivery of services. Home health care service will be authorized by an interdisciplinary Health-care Committee.

Residents with questions or referrals should call the Health Care Office. Refer-

rales for home health care will be given by all members of the Broadmead staff and the Residents of the community.

Residents are reminded that Broadmead is financially responsible for outside medical services only on referral by a Broadmead physician or practitioner. All referrals should be made through the Outpatient Department. A three-part appointment slip will be prepared, one copy for the Resident, one for his medical record, and one for the Accounting Department.

All follow-up appointments should also be made or confirmed through the Outpatient Department.

If the referral is not covered, such as dental, eye examination (except for cataract or glaucoma), or routine podiatry, the appointment slip will be stamped Non-Covered Referrals.

If Residents have medical questions, they are urged to ask one of the doctors or practitioners. For administrative questions, see Millie Gerst, Health Care Manager.

--Dorothy Graham

DR. IRENE HITCHMAN HONORED

The new 100-bed diagnostic and treatment building at Springfield Hospital Center in Sykesville will be named the "Dr. Irene Hitchman Building," in appreciation of the honoree's contribution to the welfare of the mentally ill in Maryland. Resident Hitchman was associated with the hospital from 1941 to 1962, and subsequently was with the Department of Mental Hygiene as Deputy Commissioner until her retirement in 1974.

During the 33 years of her participation in mental health activities in Maryland, Dr. Hitchman has received many honors. However, there is none that she cherishes more than the naming of the new building after her, since it is a tangible expression of the affection of the Springfield staff and administration for her.

FUN AROUND TV AND FIREPLACE NEW PROJECT TO KEEP RESIDENTS HAPPY

The Upper and Lower Lounges were magnets for fun and relaxation every Friday in

February and during two days in January, much to the enjoyment of Residents who love extravaganzas--whether political or sports--and those who just love games and other fun.

The addition of a handsome television to the Lower Lounge (given anonymous) made it possible for Residents to follow the inauguration of President Reagan together--amid all its color, horses, bands, and military units. Five days later an even larger number gathered to witness the Super Bowl, as televised from New Orleans's Super Dome. Refreshments were served.

Every Friday afternoon in February, just before dinner, there were games a la Tic-Tac-Dough, etc., in front of the Upper Lounge fireplace. The winners were awarded prizes (bags of assorted doughnuts at one program).

The impressario who presided, under the name of Amigo Cartwright, had a striking resemblance to Rich Compton, assistant to the executive director of Broadmead.

These Fireside Fun Happenings owe special thanks to Resident Louise (Mrs. Harold) Braff for her generous contribution toward the fireplace screen that has made possible the lighting of the first floor fireplace (the Upper Lounge).

IN MEMORIAM

Marjorie L. Dandridge
June 30, 1900 - February 17, 1981

J. H. Fitzgerald Dunning
August 26, 1902 - February 14, 1981

David C. Gibson
June 10 1892 - February 3, 1981

Adele Pritchett
September 26, 1902 - January 23, 1981

Helen J. Toulson
October 26, 1889 - January 23, 1981

E. Randolph Wootton
May 28, 1904 - February 9, 1981

The Vocation of Grief

By T. Guthrie Speers

It is strange how seldom we give time and thought to considering how to handle the experience of grief. It is an experience that some time comes to every person. It is a terrific experience. Yet it is full of tremendous spiritual possibilities.

When the numbness of mind that comes with the first impact of sorrow begins to wear off, the first thing of which we can be aware is that God is in this tragedy with us. He knows about it, understands our feelings, and shares our "aloneness." Professor Georgia Harkness put it this way: "What God can do in tragedy... is to be the Great Companion, the Fellow Sufferer who understands."

So right at the start of this experience we can be taught to have faith in God. This means at least two things.

In the first place it means absolute confidence in God's care of our loved one. That, of course, is the essence of our faith in immortality. In that unseen world that is so near that the smallest child can part the curtain that screens it, we believe that God is already receiving our beloved, healing all the hurts on earth, removing all the handicaps, forgiving all the sins, and preventing any possibility of loneliness in the initial stages of that new experience of living upon which our dear one is entering.

In the second place faith in God in the presence of our tragedy means our willingness to give God time to teach us the meanings of the experience that has come to us. We ought to be able to hear God saying "What I do thou knowest not now, but thou shalt know hereafter." That is the answer to all those inevitable questions that begin with the word "why". Some of us know them right well. "Why has God done this to me?" "Why should my child be taken?" "Why should there be such tragedy in life?"

If we insist for immediate and complete answers to such questions we shall discover not only that there are no immed-

 "The Vocation of Grief" was written, at the invitation of the Voice, by the Rev. T. Guthrie Speers, out of his experiences as clergyman, father, husband, and concerned citizen. He was minister of the Brown Memorial Presbyterian Church, Baltimore City, for 29 years, and a pioneer in promoting human rights for all people long before it became popular to do so. He is an honor graduate of Princeton University and of Union Seminary. He conducts a weekly Bible study for his fellow Residents every Thursday.

iate answers possible, but also that such insistent and impatient questions greatly increase our own suffering. Faith in God means our willingness to give God time to teach us the meanings and possibilities of the experience that has come to us. "Now we see through a glass darkly." That is true. "Now we know in part." That also is true. "What I do thou knowest not now, but thou shalt know hereafter." But we must give God time to teach us.

If we are willing to give God time to lead us in the progressive mastery of the vocation of grief, he will teach us the marvelous possibility of living in two worlds at the same time. There was a doctor whose wife died some years ago. He says that in the years since she died she has continued to be the controlling influence in his life. When St. Paul says "It is no longer I that live, but Christ liveth in me", this doctor says he understands because he has something of the same experience with his beloved.

In the phrase of Richard Roberts, "the bigger and better part of life is out of sight." Here we not only find the companionship of God, but also begin to be given intimations concerning the possibility of a very real companionship with our beloved.

In this life there are times when even

the best friends fail to understand us and so cause us pain. But the husband or wife who has gone before us will always seem to have perfect understanding of what we are doing or hoping or working for.

As we practice the vocation of grief, God teaches us that the valley of the shadow of death opens before the land of the spirit where the bigger and better part of life is found, and where it is given to the grief-stricken soul to stake out now its little claim and to live in this visible world by the power of the resources and the companionships it discovers in the unseen world.

In the last place, when we are willing to give God time to teach us the progressive mastery of the vocation of grief, we learn that sorrow is not only a chalice of pain, it can also be the raw material with which, by God's help, we create something in terms of character that is more tender, more filled with sympathy and human understanding and thus more able to help suffering people in their need.

There are exigencies in the lives of others where they need not so much what the scholar or the scientist can give, nor the persuasion that the preacher can provide, but the deep helpfulness that can only come from one who is known to be of the true fellowship of the bereaved. This is a wonderful possibility that out of the raw material of our grief God can so mold our characters as to make us the suffering servants of a suffering world. (End)

INFLATION AND ENERGY PROBLEMS HEAD LECTURES AND DISCUSSIONS AT BROADMEAD

Both the regular Wednesday programs and the Discussion Group have featured lectures on inflation and energy during February, the latter part of January, and continuing into March and beyond.

At a January meeting, Dr. Frederick Reuss, professor of economics at Goucher College, spoke on "Inflation--Its Cause and Cure." before a Wednesday afternoon audience. He was "thoughtful and knowledgeable," according to the comments after the program.

He pointed out that inflation feeds on itself and grows because people begin acting as if they expect more inflation.

ENOUGH TOMATOES FOR ALL

That is the promise of Resident Seeber Bodine, who has told the Voice that he will grow enough tomatoes ("big and luscious") next summer to supply the needs of everyone at Broadmead, including staff. Prospects of a very dry-weather summer in these parts have not seemed to affect the inveterate gardener.

He continued:

"Tinkering with interest rates is useless. The interest rate contains inflation itself. Stopping the printing presses suddenly would bankrupt the economy."

As to expenditures for the military, he asserted, "The military budget is a wasted employment of work and talent which could be used to make things people could buy."

Dr. Reuss recommended more statesmen who have a long-term commitment to the nation and who were not trying "just to be elected." These kinds of statesmen "might be able to devalue the dollar and then hold it steady, preferably on a gold basis," he proffered.

Dr. Reuss also gave several suggestions as to the kind of investments his listeners should consider at the present time. Kenneth Walker introduced the speaker.

At the Discussion Group the same subject, "Inflation," was dealt with on Jan. 27, the speaker being Dr. Irvin Weintraub, associate professor of economics, Towson State University. On Feb. 10, Dr. Harald Schutz, engineer and Broadmead board member, spoke on "Energy--the General Situation," and on Feb. 24, Edward K. Cassidy, of the Baltimore Gas and Electric Co., had as his topic, "Energy--Realities of Alternative Non-Nuclear Sources."

On Mar. 10, Theodore Myers, energy consultant, will speak on "The Nuclear Option--Pro and con."

DO YOU KNOW? We can ease the problems and reduce the pressures of our dining room if, when we have a deadline to meet, we plan an earlier dinner and allow at least 1 to 1½ hours for it.

--N. R.

Sight-Handicapped Resident Shares Experience

By Ann Botsford Bridge

Everyone at Broadmead is an explorer of sorts. Each must find ways to deal with his changed situation and lifestyle. Too, he must discover the means for fulfilling his physical, emotional, and social needs. A few Residents with particular needs are designated variously as: the visually handicapped, the blind, the partially sighted, or by modern nomenclature the print handicapped. The psychological impact behind these terms can be devastating and is; but deprivation can be a challenge, and frustration can serve as the yeast to imagination and innovation. I have found it so.

I joined this particular explorer's club about six months after I came to Broadmead. This was after two successful cataract operations and the wearing for about a year and a half of the then experimental Cooper Semi-permanent lens.

With this remarkable lens on my left eye, I had an excellent peripheral and reading vision and good depth perception. Then gradually, I lost my central vision through macular degeneration. This means that a tiny part at the very center of the retina is gone, and peripheral vision is all that one has left. It is obviously irreparable. It also means that depth perception and distance vision are severely limited. To see objects directly in front one must look askance at them. To see any object in detail, pictured or actual, one must see it close up under good light and with considerable magnification.

For all practical purposes one can no longer read, write, sew, cook, nor, of course, drive a car. T. V. and movie watching are extremely limited, and even walking on unfamiliar ground is difficult. Card-playing and close vision games are also out. One's whole accustomed world of sight has become obscured, and the world ahead looks dark and cheerless.

The first and most difficult step into the new territory is acceptance. This

"There, save for the grace of God" is the feeling which comes to most people as they become aware of others who are in any way handicapped--especially if such handicap affects the eyesight. In the adjoining article, Ann B. Bridge shares with Broadmeaders the supports and the services which she has found available to all who do not have the full use of their eyes. She has found a way to overcome, without self pity, impatience, or losing touch with her world, and without "cursing at the dark."

requires the disciplined discarding of anger and self-pity, and nostalgia for sighted occupations and pleasures. It further requires accepting with grace unaccustomed dependency on others. All one's assets and strengths are needed for finding new paths to independence and contentment.

Moses struck the rock and water flowed. Modern miracles of peacetime science and technology are all about us. Explorers of the uses of these miracles have provided the visually handicapped with their own true "dreams of living water". I should like to share here some of the discoveries which have so minimized my handicap and given me such fulfillment and enjoyment.

My greatest asset (which I cannot share) is my patient, long-suffering and willing husband. I tried to remember that he, too, is an explorer of a new lifestyle at Broadmead. Here, then, are some of my discoveries, large and small, though no discovery is trivial in comparison with its satisfaction value.

One of the first of these was the use of binoculars. A pair of opera glasses and a pair of field or sport glasses which I had used for years proved inadequate. An inexpensive Japanese-made pair with a mag-

nification of 8 X 30 and a field of 75% proved more effective than my own better pair of Bausch & Lomb binoculars, so my nephew and I swapped. For the theatre, and the T.V. simulcast and a few other programs these binoculars are great.

Other art forms exclusively or predominantly visual such as the ballet and paintings must be ruled out. Another discovery of the visual aid equipment came with my referral by the Wilmer Eye Clinic to their low vision clinic. Here I was helped to choose from a variety of hand magnifiers the best one for my particular use in close-up viewing. One of these magnifiers has a battery in the handle so that I can spotlight the object I am looking at. Another is a high-powered aspheric lens mounted on a slight plastic frame. My husband attached a handle to this one for easier use. For convenience I keep some type of magnifier everywhere about the house in strategic places. The trick is to remember where I have laid one down. There's always one available to carry in my purse.

The little trimline touchtone telephone was another nice discovery. I easily learned the touch position of the digits. Along with this we transferred to e Rolodax, in large print the names and numbers most frequently called. In still larger print on a 6 X 6 cardboard, I listed the names of my neighbors in the cluster and a few very-frequently-called friends.

Two other discoveries grew out of a major frustration. As we are early risers, I had looked forward to the start of my day at Broadmead with a leisurely perusal of the morning paper. I had also looked forward to one of my pleasures, the writing of letters to family and friends. Baltimore's Radio Reading Service took up some of the slack. This is a broadcasting service particularly for print-handicapped persons. It is a subcarrier of WBJC (91.5 on your FM dial).

At specified hours during the day, Monday through Friday, selected news articles are read from the Baltimore papers --the Baltimore Sun, the News American, the Afro American, and the Evening Sun. On successive Wednesdays articles from Time magazine, Newsweek, Business Week, Harpers

A PRAYER FOR THE ROSE GARDEN

Send down, Great Gardener,
To this dear plot
Your cherubim, your seraphim
Delay it not.

From sleet, from rotting drought
Defend;
The arrowed rain, the sun
In plenty send.

At cool or evening then,
Toil done, and glare, and din,
Come down, Great Gardener,
And walk therein.

Lizette Woodworth Reese, The York Road
--"For a Waverly Garden."

magazine, and Maryland magazines are read. This varies from month to month as to which magazine is selected. A special radio for the purpose of carrying only this news and WBJC-FM is provided upon request with affidavit of eligibility by a print-handicapped person. Daytime listening hours are from 7:30 to 9:00 a.m. and again at 3:30 to 9:00 p.m. This service is free, but contributions are welcome. It has improved from the early news broadcasting to the present time.

Exploration for my letter-writing and other writing needs turned up a relatively inexpensive cassette tape recording machine. We found also a rather inexpensive transcribing service in Towson called the Eastford Professional Service on Chesapeake Avenue. What a delight to be able to write all my letters with my voice, including all my Christmas letters.

The last discovery, and maybe the greatest of all, was the Talking Books. All the previous discoveries seemed closely related to my old world activities, but this was a whole new world of experience. It provided me not only with a stimulating variety of authors and writing previously unknown to me, but opened up associations with others who shared my interests and enthusiasms. Like the periods of great growth in children after a plateau, I felt

my whole inner being stretched upward and outward into a new world. I had grown up in a reading-aloud family and this, perhaps, well as my profession as a social worker, gave me a listening ear. Into my new world came the most delightful and remarkable variety of books--books that I feel sure I would not have found among the vast number of those on the library shelves.

This tax-supported service is free to its eligible members. The Maryland State Library for the Blind and Physically Handicapped is located at 1715 North Charles Street, Baltimore, 21201. It contains a huge library of cassettes and discs, and the machines for using either type of recordings are available to users. They are free of charge. The cassettes and books are mailed in suitable containers and are returnable in the same way. They are postage free and there is no apparent time limit for their use. Every three or four months catalogues are mailed to users, containing the new recordings. The catalogues are in large print and contain a short description of the contents of each book. I was delighted to find that books to be used in the course which Dr. Belford recently gave at Broadmead could be made available. If not available at once, the library will procure them for you or, as I understand, have them made.

This listening experience so presently rich and full of promise is further augmented by the Wednesday afternoon talks by Residents who have shared with all of us their unique life experiences and insights. As my T.V. watching became almost eliminated, due not only to my vision handicap but poor reception, I became more and more

DWIGHT EISENHOWER SAID IT

"Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed. We pay for a single fighter plane with a half billion bushels of wheat. We pay for a single destroyer with new homes that could have housed more than eight thousand people. Is there no other way the world can live?"

LIBRARY ANNOUNCES SEVERAL BOOKS AUTHORED BY BROADMEAD RESIDENTS

Books by several of our Residents have been added to the Broadmead Library. Marjorie Easter's A Bear in the House tells the story of "Cubby," the bear Marjorie and her friend Midge kept in their cabin in the Maine woods. A bear is not the usual pet; when you take a bear on a leash, he steers and you follow. So do the adventures.

Bliss Forbush is the author of five titles in our library: Elias Hicks, A History of the Baltimore Yearly Meeting of Friends, Moses Sheppard, The Sheppard & Enoch Pratt Hospital, and With Cymbals and Harp, a study of the Psalms.

Faber Stevenson has given us three volumes of his poetry: Holding, 1975; New Primitive, 1975; and The Thread in the Labyrinth, 1959.

--Harriette Shelton

involved with listening to the superior radio broadcasts from the FM station, WBJC. This station provides radio listening at its best. It operates 24 hours a day, seven days a week. Its "All Things Considered" program which comes on each day, including Sundays, from 4:45 to 6:00, is excellent. So too are its great variety of musical programs including opera. WBJC is the station of the Community College of Baltimore and over the station are a number of courses offered such as poetry, music, and literature. Excerpts from classic drama are also a part of some of their offerings.

Finally, as I look upon our past year at Broadmead with all its changes in my life, I feel as though I had been led into green-ing pastures of nourishment and enrichment of my spirit. (The End)

UPDATING PHOTO ALBUM

Resident Winnie Kinn, with Carolyn Huffman's assistance, is updating the Residents' Photograph Album, which is normally in the hall leading to the Administration Offices. Residents whose pictures are not included or who would like to have their pictures updated are asked to contact Lefty Graham--R-17 - 628-2169

DEADLINE for APRIL ISSUE

MARCH 14

LETTERS

Dear Voice:

I have said before how much I enjoy the Voice of the Residents of Broadmead. Although the postage charge is not great, yet there are other paper and publication costs. Therefore, I wish to make the little contribution enclosed.

Viola B. Christian
Bronx, N. Y.

Dear Voice:

I'm writing to express my sincere thanks to the Voice of the Residents for the fantastic job you did publicizing the United Way campaign. Your efforts were responsible for raising a total of \$1,330 last fall. You and the many generous Residents at Broadmead can take pride in knowing that your gifts will help to provide much needed services to the Central Maryland community in 1981. . . .

Jean M. Over
Communications Associate

Dear Voice:

I think that many Residents of Broadmead would like to know that the Rev. J. Moulton Thomas, former rector of Christ (Episcopal) Church, St. Paul and Chase Sts., Baltimore, has recently written two books. The titles are "The Great Beyond" (a pastoral approach to death) and "Prayer Power." The books are published by Exposition Press, 325 Kings Highway, Smithtown, N. Y., 11787.

Laura Gunby

Dear Voice:

Yes, you can have a full hot tub bath at Broadmead: Try this: all it takes is a little patience!

1. Run the water, slightly warmer than usual, until you have about half the water you eventually want.

2. Wait 20 minutes while the speedy little water heater reheats the tank.

3. Draw the rest of your tub and enjoy a nice hot soak.

--Mal Gross

DEADLINE FOR APRIL ISSUE: MARCH 14

APPRECIATION OF COUNTRY STORE

I have been asked by the Board of Directors of the Residents Association to express to those who operate and work in our Country Store our thanks for the marvelous contribution they have made to Broadmead's community life.

It is a store that provides for our needs in an attractive and pleasant environment. Furthermore, the financial achievement earns our admiration. The Residents Association is especially appreciative of the gifts made to support its activities.

So we take this opportunity through the Voice to felicitate you on a great job well done.

--Kenneth Walker
President
Broadmead Residents Ass'n

TOUCH TOYS OFF TO A GOOD START

Under the direction of Penny Pentz a group of Residents is having fun making Touch Toys for blind children and other handicapped persons each Wednesday morning at 10:30 in the occupational therapy room.

It all started when Olita Sherwood brought Henritte Zegers to Broadmead to explain how she originated the Touch Toy Project which has supplied over 1,000 Touch Toys to the Maryland Home for the Blind and hospitals in the Baltimore Washington area.

Mrs. Zegers was inspired by the only blind student at Goucher College. She realized that the only way the student would be able to understand and appreciate her Flemish Wall Paintings was by feeling with her fingers its various shapes and textures.

All are welcome to join the group and small text books and drawings are available.

LECTURES ON DRUGS POSTPONED

The four lectures on "Medication and Drugs: Their Use and Misuse" have been rescheduled for April. Watch the bulletin board for dates.

BLANKETS AND CHILDREN'S CLOTHING
NEEDED BY AFSC FOR NAMIBIA RELIEF

"Light clothing for children and blankets, blankets, blankets, blankets" is the call coming from the American Friends Service Committee, to and through the AFSC's Sewing Group at Homewood Friends Meeting-house, Baltimore. The Broadmead clothing collection effort is part of this Homewood continuous program.

In a recent letter from the AFSC Philadelphia headquarters, thanks was sent to Baltimore for a recent shipping of 958 pounds of good clothing and shoes. "Especially appreciated because our stock is low; so many shipments going out," wrote Anne Ruff.

Presently, and for months to come, AFSC will be making shipments to Angola, to help the refugees from Namibia, countless thousands of whom have been uprooted and need everything. Anne Ruff's letter continued:

"We have been disappointed in the smaller number of blankets that have been given lately. There is nothing that is needed more than blankets for refugees. Even in the climate of Southern Africa, in the winter months the temperatures go down to the low forties. Most refugees do not have any kind of permanent shelter, and blankets are perhaps the only thing they have to provide some warmth. The shipment to Angola should arrive just before their winter (July, August). How many of us could spare one blanket? We have so much and they have so little."

Clothing for the AFSC may be left by Broadmeaders in the Sewing Room, Lower Level.

* * * * *

NEW RESIDENT:

Arnold Kleff - E-1 - 666-9111 - born in Baltimore. Manager of Sarco, Inc., Copper Refinery until retirement. Served as president of the Community Chest, the United Way, and the Health and Welfare Council. Also active with the Academy of Science and the Lyric. His wife, Tomi Kleff (H-259), is a prominent artist. The Kleffs have donated some of her pictures to Hallowell Hall and many artist supplies to Penny Pentz's department.

DO YOU KNOW.....?

Why the Oriental rug just hung in the Center Building does not seem perfectly straight at its borders, as several Residents have inquired? It is because this rug, and others like it, were woven by hand, over an extended period; sometimes with many people (mostly women and children) doing the weaving. If it were machine-made, a hundred at a time, it would be "very perfect," but it would also have very little value as art, or as property, or in history.

* * * * *

Insects like seeds, also. Therefore, never store bird seed inside your warm apt. Keep it in airtight containers or plastic bags in your cool patio closet, and use up before warm weather sets in.

* * * * *

FRIDAY IS COOKIE-BAKING DAY

If you should be up on Hallowell Hall some Friday morning and note the delicious and enticing smells of baking, follow your nose to the East Lounge where you will find a cooking class in progress. A half dozen or more of Hallowell's Residents will be busy baking cookies and other goodies in a small electric oven so that they may be served at tea that afternoon. Penny Pentz or Sandy Krone, along with a volunteer -- usually Marie Cunningham -- direct this popular and creative group activity.

Lois Ritter, director of volunteers, and Dorothy Craig, chairman of Volunteers, say more volunteers are needed. Do you like to visit, help with teas, sew or knit, shop, distribute books, read, play games, or escort Residents to various activities?

Margaret Otis, coordinator of Friendly Visiting on Hallowell Hall is especially anxious to enlist the aid of several Broadmead men to visit with our male Residents. Some good "man talk" would be especially appealing to these shut-in Residents. Please call Lois Ritter, Dorothy Craig, or Martha Gross, coordinator of recruiting, if you would like to help.

DEADLINE FOR APRIL

ISSUE MARCH 14, 1981

COMING MUSICAL EVENTS ARE LISTED AS SOME PAST EVENTS ARE REVIEWED

Watch for two very special Sunday afternoon dates in March! The first will be delightful piano and vocal duets, sung and played by Wendy Weaver and Andrea Burgoyne, both extraordinarily talented women. Recently at Evergreen, they gave a concert of duets for the Music Group of the Johns Hopkins Women's Club. Many will recall hearing Wendy Weaver as the soloist here with the Choral Arts Society on December 20. The Broadmead date is Mar. 15.

The second event will be on Sunday afternoon at 2:30, March 22, when the Canterbury Handbell Choir of ten young people from the Towson Presbyterian Church will ring in the spring and Easter season. The participants range in age from 7th grade to Freshman in college. Their director is Mrs. Barbara McGill.

Beginning March 6, Hazel Fleming will resume playing favorite classical records on Fridays at 4:15 in the Lounge. Don't miss this chance for restful relaxation through music in our beautiful Lounge.

Two recent musical events were outstanding. A very special musical event occurred on Jan. 12, when Betsy Hilgenberg Hemingway, daughter of Carl and Elizabeth Hilgenberg, gave Broadmead a lovely vocal concert. People are still talking about it! Betsy and her husband, who have lived in Munich over twenty years, were visiting in America for the Christmas holidays. Betsy has studied voice in Italy and Germany while living abroad. In Munich she is a member of the Opera Ensemble of Sonia Zeibt in addition to her own extensive concert activities.

Betsy introduced each selection herself and charmed her enthusiastic audience with each lovely song. Perhaps she was singing especially for her father and mother; her husband and her brother were also present. She was beautifully accompanied at the piano by Aurelie Giles.

On the night of February 18, a long awaited musical treat took place. Forty men, the "Towsonaires," under the expert direction of Chips McHenry, sang Barber-shop Harmony in memorable fashion. Everyone loved it. We are indeed grate-

ful to John Parker, one of the Towsonaires, who is also a member of the Broadmead Board of Trustees, for arranging this delightful concert.

The chairman of the Music Committee is happy to announce three new committee members, Marjorie Easter, Virginia Pearce, and Erna Magnus.

--Margery B. Hall

RED BALLOON DAY

Valentines Day was Red Balloon Day at Broadmead--gay bubbles with I Love You on each one. The Decoration Committee under the direction of Resident Mary Louise Hibline inflated and distributed 144 balloons in the main dining room, the coffee shop, the second floor dining room, the hallways, and Hallowell and Taylor Halls. Each wheel chair also had a balloon tied to it.

* * * * *

THREE CANADIAN provinces want to develop university-linked "research parks" to promote development of their natural resources.

VOICE OF THE RESIDENTS

Published by and for the Residents Association of Broadmead,
Kenneth D. Walker, President.

EDITORIAL

G. James Fleming, Editor

Mildred Beck
Margaret Bouchelle
Richard Dow
Dorothy Graham
Nancy Rowe
Claire Walker
Virginia Williamson

PRODUCTION AND CIRCULATION

Franc Beck
Robert Bouchelle
Ruth Dibert
Lefty Graham
Esther Mahan
Cy Murphy
Margaret Tylor

Mildred Tyson, Treasurer
Mailing Address Broadmead B-1
13801 York Road, Cockeysville, Md.
21030
Deadline for Apr. issue: Mar. 14